

ESSENTIAL AMINO.O ENERGY™

- Micronized Free Form Amino Acids For Faster Absorption*
- Supports Recovery Before, During & After Exercise**
- Caffeine from Natural Sources

TWO SCOOPS = ONE SERVING

SCOOP #	1	2	3
ENERGY LEVEL*	MILD	MODERATE	INTENSE
AMINO LEVEL	5 GRAMS	10 GRAMS	15 GRAMS
CAFFEINE	100 MG	200 MG	300 MG

OCCASION

- AM WAKE UP*
- PRE-WORKOUT ENERGY*
- POST-WORKOUT RECOVERY*
- AFTERNOON PICK-ME-UP*

DO NOT EXCEED 6 SCOOPS IN ANY 4 HOUR PERIOD.
DO NOT EXCEED 10 SCOOPS PER DAY.

RECOMMENDED USE:

FOR PRE-WORKOUT ENERGY SUPPORT*: Take 2-6 scoops 20-30 minutes before training. FOR POST-WORKOUT AMINO SUPPORT*: At least 4 hours after initial pre-workout dose, take 2-4 scoops after training. DO NOT EXCEED 10 SCOOPS PER DAY.

Two scoops of this product contain 100 mg caffeine. DO NOT EXCEED 6 SCOOPS within any 4 hour period. A person should start with 2 scoops (100 mg caffeine) or less to assess tolerance and then gradually increase serving size. Do not exceed 10 scoops per day. Do not combine with alcohol. Consume as part of a healthy diet and exercise program, and drink at least 100 oz of water per day. Exercise may increase your need for additional fluid intake. Keep out of reach of children.

MANUFACTURED IN THE USA
This product contains ingredients of international and domestic origin



STRAWBERRY LIME
Naturally and Artificially Flavored

ESSENTIAL AMINO.O ENERGY™

USE ANYTIME TO SUPPORT:

- + ESSENTIAL AMINO ACID DELIVERY*
- + MUSCLE RECOVERY**
- + ENERGY AND FOCUS*

30
SERVINGS

DIETARY SUPPLEMENT NET WT. 9.5 OZ (270 G)

DIRECTIONS: Mix two scoops of ESSENTIAL AMINO ENERGY™ in 10-12 oz of cold water.

Supplement Facts

Serving Size 2 Scoops (9 g)
Servings Per Container 30

Amount Per Serving	% Daily Value
Calories	5
Total Carbohydrate	1 g <1%**
Amino Blend	5 g †
Micronized Taurine, Micronized L-Glutamine, Micronized L-Arginine, Micronized L-Leucine, Beta-Alanine (as CarnoSyn®), Micronized Citrulline, Micronized L-Isoleucine, Micronized L-Valine, Micronized L-Tyrosine, Micronized L-Histidine, Micronized L-Lysine HCl, Micronized L-Phenylalanine, Micronized L-Threonine, Micronized L-Methionine	
Energy Blend*	160 mg †
Caffeine†, Green Tea Extract (<i>Camellia sinensis</i>) (leaf)(standardized for EGCG), Green Coffee Extract (bean)	

** Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

OTHER INGREDIENTS: Citric Acid, Natural and Artificial Flavors, Malic Acid, Silicon Dioxide, Calcium Silicate, Caffeine (from Tea and/or Coffee Bean), Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sucralose, Beet Powder, Lecithin, Inulin.

ALLERGEN INFORMATION: CONTAINS SOY (LECITHIN).

MANUFACTURED BY OPTIMUM NUTRITION, INC.
975 Meridian Lake Dr., Aurora, IL 60504

† Total Caffeine from all sources is equal to 100mg per serving (2 scoops).



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TRUE STRENGTH™
WWW.OPTIMUMNUTRITION.COM

1 (800) 705-5226 TrueStrength.com

Contents sold by weight not volume, some setting may occur. * When consumed as directed at maximum dosage.

WARNING: CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT IF YOU ARE TAKING ANY MEDICATION OR ARE UNDER A PHYSICIAN'S CARE FOR A MEDICAL CONDITION. NOT FOR USE BY THOSE UNDER THE AGE OF 18, WOMEN THAT ARE PREGNANT, TRYING TO GET PREGNANT, OR NURSING, OR THOSE WHO ARE BREASTFEEDING. THIS PRODUCT CONTAINS NATURALLY OCCURRING CAFFEINE FROM OTHER SOURCES. WHILE TAKING THIS PRODUCT AS TOLD, MUCH CAFFEINE MAY CAUSE NERVOUSNESS, IRRITABILITY, SLEEPLESSNESS, AND OCCASIONALLY RAPID HEARTBEAT. BETA-ALANINE MAY CAUSE A HARMLESS, TEMPORARY TINGLING OR FLUSHING SENSATION.

PHENYLKETONURICS:
CONTAINS
PHENYLALANINE.
NO ASPARTAME

To maximize freshness and minimize product clumping, store tightly-closed container in a cool, dry place.



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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.